



# ANNUNCIATION CATHEDRAL HERALD



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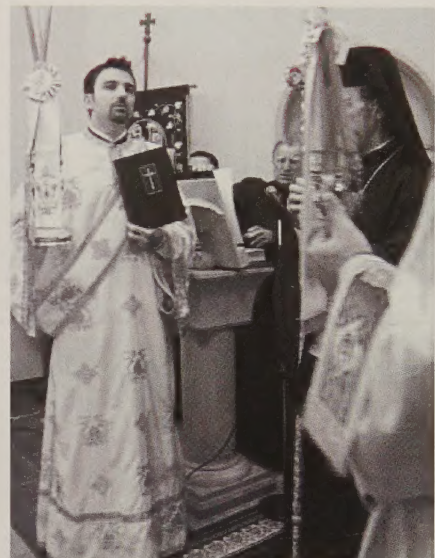
SEPTEMBER 2011

## September is Food Festival Month!

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**B**y now, parishioners of the Cathedral have received special packets, inviting them to be a part of the festival souvenir book, to sponsor the various food items, to purchase raffle tickets, to distribute flyers, to post posters, and, of course, to volunteer to assist, *prior to, during, and following the Festival!* We extend special thanks to the committee members, who have worked hard to offer you the very best of what we have to offer. The following should be acknowledged: **Paul Sogotis**, Chairman; **Michael Canellos**, Co-Chairman; **Manuel Pappas**, Permits; **Tessie Calligeros and Nikki Pappas**, Decorations, Floorplan and Vendors; **Angie Leventis, Pat Aleck, Andrew Demetriou and Presbyteria Alik**i, Souvenir Book; **Perri Nager, Foula Vasilogiorgis**, Volunteers; **Cathedral Ladies Philoptochos**, Pastries; **Mr. and Mrs. Anthony Ambus, Mr. and Mrs. Marios Stathopoulos, Sotera Panagiotopoulos, Loukoumades; Loula Vriheas**, Kitchen; **Foula Vasilogiorgis, Lea Lyberopoulos and Irene Kyriacou**, Entertainment; **Tatiana Kyriakides, and Pat Hillas**, Set-Up; **Nick Svetcoff**, Beverages; **James Dariotes**, Accounting; **Meena Velis**, Yiayia's Attic; Special thanks go to our team of cooks and support staff: **Rose Sogotis, Loula Vriheas, Effie G. Makras, Bonnie (Dionysia) Grampsas, Helen Panomitros, Ackie Argyres, Kathleen Bardis, Helen Nicklas, Aglaia Mavroudis, Kay Rangaves, Emily Sarikakis, Spyridoula Stavropoulos, and Melina Navarette**, and also those who work hard in the kitchen and elsewhere during the festival: **John Panomitros, Sakee Poulakidas, Ted Leventis, Connie Glafkides, Bill Tonas, Aris Mentis, Bill Blake, Bob and Cathy Peterson, Toni Ambus, Chris and Angelus Karas, John Coundouris, Tom Moulas, Stefan and Anastasia Schultz**, and many others, especially members of the **Ladies Philoptochos**.

The importance of the food festival can not be understated. If, by virtue of this festival, we raise funds to continue the functioning of the Cathedral chapel and the church building itself, then each of us who volunteers at the festival will have helped keep our church functioning. Therefore, whatever ministries and activities take place within the church because of your efforts, then **you** will have participated in the ministry of the church itself. **Every** program or work done for the Church is a ministry. Let us remember this importance and make this year's festival another smashing success!



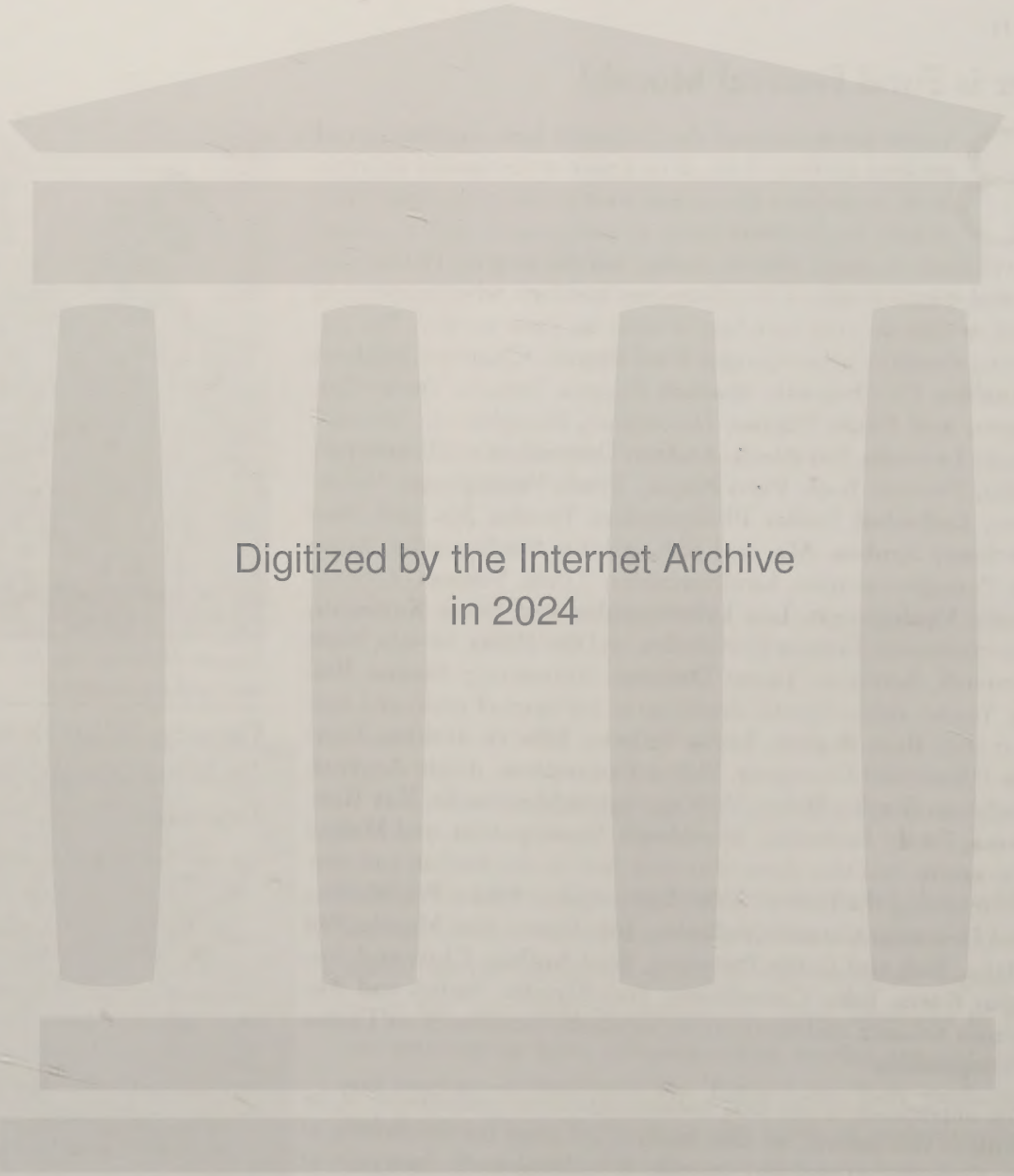
Deacon Niko on the day of his ordination to the priesthood."

## Deacon Niko Bekris Ordained to the Holy Priesthood August 15

**W**hat a memorable day August 15, 2011 was in the life of our community! Some 350 members of Annunciation Cathedral, Holy Trinity, Nativity of Christ and Saint Demetrios in Seattle, Washington, among other parishes, gathered to celebrate the feast of the Dormition of the Theotokos, and to witness **His Eminence Metropolitan Gerasimos** ordain **Deacon Niko Bekris** to the holy priesthood. The Divine Liturgy, celebrated that morning by His Eminence, eight priests and two deacons, and hundreds others praying with them, was amazing.

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Following the service, the ordination committee prepared a magnificent reception in the Cathedral's Korinthias Hall. Beautiful decorations and delicious food were accompanied by a special presentation by the choir on the life of **Father Niko** and **Presbytera Stella**, as well as several gift presentations by the **Parish Council**, **Cathedral Philoptochos**, **Metropolis Philoptochos**, **Metropolitan Gerasimos**, and family members of **Father Niko**. In all, it was a wonderful day full of love and joy, and by the grace of God, the beginning of a new chapter in the life of our parish.

**Father Niko** will also continue the tradition of the Orthodox Church for newly ordained priests, that is, the *sarantaliturgon*, or "40 Liturgies," which will be celebrated every day until September 24. Divine Liturgy on Sunday will still begin at 10:30 a.m., preceded by Orthros at 9 a.m., and on weekdays, Orthros will be celebrated at 9 a.m., with Divine Liturgy at 10:00 a.m.

Many heartfelt thanks on behalf of **Father Niko** and his family to our entire community for their prayers and support on the day of the ordination and the past three years. Special thanks also to our wonderful and dynamic **Ordination Committee**, led by **Pat Aleck**, and consisting of **Foula Vasilogiorgis**, **Mariam Arsinoos**, **Dr. Nicoletta Ketchum**, **Anastasia Dekaristos**, **Dr. Niko Stathopoulos**, **Michael Canellos**, **Angie Leventis**, **Helen Markanton**, **James Vorisses**, **Father Stephen Kyriacou** and **Presbytera Stella Bekris**. *Na xairomaste ton kainourio papa!*



The Korinthias Hall during the ordination reception.



Father Niko reading the Gospel during a weekday liturgy.



Father Niko Bekris blessing during a weekday liturgy.



"If we use crumbs of wasted time to try to build short moments for recollection and prayer, we may discover that there is quite a lot of it."

- Archbishop Anthony Bloom





## "Linked" Together

Our Cathedral family is grateful for the efforts of our Community Link group these last five years. What a blessing for our community! Once a month, this wonderful ministry of our church meets and visits homebound, hospitalized, institutionalized parishioners, or any type of parishioner who cannot make it to church on their own. By doing so, these committed people are bring a message of "We love you and care about you" to each of our shut-ins, fulfilling the Lord's call to visit those who are sick. Thank you.

If you are interested in joining Community Link once a month, or even learning more about the program, contact **Pauline Oetzel**, now heading the program, at [poetzel@hotmail.com](mailto:poetzel@hotmail.com) Community Link's next gathering is on Saturday, September 17 at 9 am. Sometimes just seeing a familiar face is all someone needs to brighten their day. Please consider giving this joy to someone in need this month.

### Upcoming Community

#### Link Meetings:

September 17, October 15,  
November 19, and  
December 17.

## PHILOPTOCHOS IS ON THE MOVE!

Our Annunciation Cathedral Philoptochos has kept very busy during the summer months. Starting in July our members, young and seasoned, have been preparing all the wonderful sweets for the pastry booth for the "Taste of Greece" festival in addition to helping with other delicacies and foods. Also, our ladies were part of the planning committee for the Ordination of **Father Niko Bekris** which took place on August 15, 2011.

Many of our members helped with décor and dessert for the luncheon following the service. The Philoptochos was responsible for an evening reception following Sunday night Vespers prior to the ordination on Monday. A big thank you to **Polytimi Peters** for her generous donation of all the sweets she prepared for the reception. They were wonderful and delicious and enjoyed by all. Also, thanks to **Terpsi Veranas** for the delicious cookies that she prepared.

The first meeting of the new Ecclesiastical year for our newly elected Board members will be held on Thursday, September 15, 2011 at 1p.m. All are invited to attend the meeting to plan events and activities that help those in need in addition to serving our Beloved Annunciation community.

On behalf of Philoptochos I wish all the members of our Annunciation family God's blessings as we move toward the fruition of the building project we have so long yearned for. Our Philoptochos goal is to carry on the rich tradition of service of the inspired ladies who came before us, while working side by side with our members to grow and assure the continued mission of our Annunciation Cathedral.

With faith and love in Christ.

Patricia Aleck  
President



### PRAYER OF HUSBANDS AND WIVES

Lord Jesus Christ, by your presence you blessed the wedding in Cana and showed us that you are the true priest of mystical and pure marriage. WE thank you for the day on which by your heavenly benediction you joined us in the sacrament of matrimony. Lord, continue to bless and enrich our marriage in love, companionship, mutual support, oneness of heart, and progress in faith and life. Protect our holy wedlock from sin, evil, and danger. Foster between us the spirit of understanding, the spirit of forgiveness, and the spirit of peace, that no resentment, quarrel, or other problem cause us to stumble and fall. Grant us to see our own faults and not to judge each other. Keep our bond of love always new. Gladden our hearts with the joys of marriage, that with one heart we may praise and glorify you. Amen.





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## YOUTH NEWS SEPTEMBER 2011

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Our GOYAns at the third annual BBQ and softball game in San Bruno Park.

### GOYA Holds Annual BBQ & Softball Game in San Bruno Park

**O**n August 20, our Cathedral GOYA held its third annual barbeque and softball game in San Bruno Park, and a wonderful time was had by all. **Ari Stratakis** and **Nick Kontonis** grilled burgers and hot dogs for some 20 GOYAns and family members, and a softball game on a sunny day followed. Thanks again to our GOYA leaders **Katerina Loufas** and **Harry Misthos**, now in their third and second year of leading GOYA, respectively.

We are also happy to welcome **Manoli Nuris** as a 2011-

2012 GOYA leader! With the help of these dedicated young adults, we look forward to another exciting year of youth group ministry.

Also, this year, we will endeavor to begin a **Junior GOYA**, for grades 7-9, for JOY kids that have “graduated” into GOYA, while staying with young people closer to their age. A reminder that GOYA will be every third Monday of the month, and is for grades 7-12.

### Young Adults to Start Up Again This Month

After a brief hiatus during the summer months, our Cathedral young adult group is set to resume activities this month! Our first event will be a volleyball night on Monday, September 5 at 7 pm, followed by a discussion/social event on Thursday, September 15 at 6:30. Our Cathedral young adult group is open to all young adults ages 20-35, and is now in its third year of ministry!





## First JOY Meeting of the New School Year to be Held on September 6

**A**fter a wonderfully successful first year, our Cathedral **JOY (Junior Orthodox Youth)** group will once again begin meeting at the home of a JOY family on the first Tuesday of every month. The first meeting will be held on September 6 at 6:30. Our JOY kids will enjoy games, dinner, a talk with **Father Niko** and lots of fun, so stay tuned for more details!

All youth between grades 3-6 are welcome to join our JOY group, and we hope that you will! It is a wonderful place for youth to enjoy fun, fellowship, and faith.

If you know anyone who may be interested in joining any of our youth ministries, feel free to contact **Father Niko Bekris** at [fatherniko@annunciation.org](mailto:fatherniko@annunciation.org), or visit the **Youth of Annunciation Cathedral San Francisco Facebook page**.

## Greek Dance is Underway!

Our Greek folk dance program, a staple youth ministry of the Cathedral for decades, has once again resumed with three groups under way for this year:

- **Thisavri** (ages 4-6), directed by Irene Kyriacou, Lea Lyberopoulos, Lea Papavasiliou and Shareen Sadiik
- **Spithes** (ages 7-12), directed by Irene Kyriacou, Lea Lyberopoulos, and Lea Papavasiliou
- **Ekrixi** (middle school and high school), directed by Michael and Nicole Garibaldi

**Thisavri** and **Spithes** both practice Sunday afternoons, and **Ekrixi** on Tuesday evenings.

Also, please note that our dance groups will be doing a "Gyro Sunday" fundraiser on Sunday, September 11 following liturgy. Gyros will be \$6 and soda will be \$1, all proceeds going towards our dance groups for 2011-2012.

If you are interested in signing up your children for Greek dance, or have any questions, please contact **Athena Stavrakaras** at [haniotisa@hotmail.com](mailto:haniotisa@hotmail.com).

## Services & Sacraments At The Cathedral

### BAPTISMS

Congratulations to **Dr. Niko and Voula Stathopoulos** for the baptism of their son, **Sotirios Alexandros** on August 13. His sponsors were **Dr. George and Tessa Ambus**.

*Na mas zisi!*

## Sunday School Begins

**J**oin us as Sunday School resumes for the 2011-2012 School Year, Sunday September 11, 2011. Parents/Grandparents please bring your child/children upstairs to their classroom and meet the teachers and sign up for our program. We are excited about the curriculum and projects planned. We continue to hold our annual Halloween Luncheon, Food Drive, and Christmas Program in the Fall. In the Spring we hold our annual Oratorical Festival, Lenten lesson, TGI Pascha and more.

**Children should wear their pins during the first month to get updated. We will go from class to class to add to pins.**

**On Sept. 11 we will hold a special prayer service for opening day of Sunday School to bless us for the school year.**

We continue to strengthen our program by the support of the families at Annunciation Cathedral. Please volunteer to help, whether by volunteering to work the Icon booth during the festival, helping with the Christmas program, Angels during Holy Week, etc. Every little bit makes a difference.

I look forward to seeing everyone!

Please contact Denise Yeilding to volunteer at [dyeilding@yahoo.com](mailto:dyeilding@yahoo.com).





# S E P T E M B E R C A L E N D A R

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				Beginning of new Ecclesiastical Year Divine Liturgy Orthros 9 am, Divine Liturgy 10 am	Divine Liturgy Orthros 9 am, Divine Liturgy 10 am	Divine Liturgy Orthros 9 am, Divine Liturgy 10 am
4	5	6	7	8	9	10
Divine Liturgy Orthros 9 am, Divine Liturgy 10:30 am Thisavri dance practice 12:15-1 pm Spithes dance practice 12:30-2 pm	Divine Liturgy Orthros 9 am, Divine Liturgy 10 am	Divine Liturgy Orthros 9 am, Divine Liturgy 10 am Ekrixi dance practice 6:30 pm	Divine Liturgy Orthros 9 am, Divine Liturgy 10 am	Divine Liturgy Orthros 9 am, Divine Liturgy 10 am Nativity of the Theotokos	Divine Liturgy Orthros 9 am, Divine Liturgy 10 am	Divine Liturgy Orthros 9 am, Divine Liturgy 10 am
11	12	13	14	15	16	17
Divine Liturgy Orthros 9 am, Divine Liturgy 10:30 am Thisavri dance practice 12:15-1 pm Spithes dance practice 12:30-2 pm	Divine Liturgy Orthros 9 am, Divine Liturgy 10 am	Divine Liturgy Orthros 9 am, Divine Liturgy 10 am Ekrixi dance practice 6:30 pm	Divine Liturgy Orthros 9 am, Divine Liturgy 10 am Exaltation of the Holy Cross	Divine Liturgy Orthros 9 am, Divine Liturgy 10 am	Divine Liturgy Orthros 9 am, Divine Liturgy 10 am	Divine Liturgy 10 am
18	19	20	21	22	23	24
Divine Liturgy Orthros 9 am, Divine Liturgy 10:30 am Thisavri dance practice 12:15-1 pm Spithes dance practice 12:30-2 pm	Divine Liturgy 10 am	Divine Liturgy 10 am Ekrixi dance practice 6:30 pm	Divine Liturgy 10 am	Divine Liturgy 10 am	Divine Liturgy 10 am Conception of Saint John the Baptist	Divine Liturgy 10 am
25	26	27	28	29	30	
Divine Liturgy Orthros 9 am, Divine Liturgy 10:30 am Thisavri dance practice 12:15-1 pm Spithes dance practice 12:30-2 pm		Ekrixi dance practice 6:30 pm				





## PRAYER AT BED TIME

+In the name of the Father and the Son and the Holy Spirit. Amen.

Now that the day has come to a close, I thank you, Lord, and entreat that the evening and the night be sinless. Grant this to me, Savior, and save me.

+ Glory to the Father and the Son and the Holy Spirit.

Now that the day has passed, I glorify you, Master, and I entreat that the evening with the night be without offense. Grant this to me, Savior, and save me.

+Now and forever and to the ages of ages. Amen.

Now that the day has ended, I praise you, Holy One, and entreat that the evening and the night be undisturbed. Grant this to me, Savior, and save me.

Lord our God, whatever sins I have committed this day, in word, deed or thought, forgive me, for you are good and love all people. Grant me a peaceful and undisturbed sleep. Protect me from every abuse and plot of the evil one. Raise me up in due time that I may glorify you, for you are blessed, together with your only begotten Son,

and your all holy Spirit, now and forever and to the ages of ages. Amen.

Psalm 22 (In Orthodox Scripture; Psalm 23 in Protestant Bibles)

The Lord is my shepherd; I shall not want. He maketh me to lie down in green pastures; he leadeth me beside the still waters. He restoreth my soul; he leadeth me in paths of righteousness for his name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me. Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over. Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord for ever.

Under the protection of your wings I shall be covered and fall asleep, for in you only, Lord, does my hope lie. Into your hands, O Lord, I commend my soul and my body. Do bless me, do have mercy on me, and grant me eternal life. Amen.

